

Front Street **FITNESS**

POWERED BY OHIOHEALTH

CITY EMPLOYEE FITNESS CENTER

MEMORIAL DAY HOURS

Reminder: Front Street Fitness will be unstaffed on **Monday, May 30th**.



HEALTHIER BERRY COOKIE CAKE

This patriotic cake is easy to make and healthy, WIN-WIN!

- ☐ 1 C whole wheat pastry flour
 - ☐ 1 C old fashioned oats
 - ☐ 1/2 C cane sugar
 - ☐ 1/4 tsp salt
 - ☐ 1/4 tsp baking soda
 - ☐ 3 T melted coconut oil
 - ☐ 6 tsp Almond milk
 - ☐ 6 oz vanilla Greek yogurt
 - ☐ Assorted berries, for garnish
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- Preheat the oven to 350 degrees F. Whisk together the flour, oats, cane sugar, salt, and baking soda.
 - Add the oil and almond milk, Pat the dough into a greased, foil-lined 11x7 inch baking pan
 - Bake for 25 minutes
 - Allow to cool and spread the Greek yogurt evenly over the cake and top with berries!

FRONT STREET FITNESS

Powered by OhioHealth

Monday – Friday
6:00 AM – 6:00 PM
614-645-3979
FSFitness@columbus.gov

NEW HOURS, OPEN SHOWERS & MORE!

We are excited to remind you of the following updated Covid-19 policies that went into effect in April:

- Hours: Everyday 5am-8pm (OhioHealth will staff MWF 6am-2:30pm & TR 9:30am-6pm)
- Showers and lockers are open for use
- No Calendly pre-registration is required
- Stop by today! If you are interested in joining Front Street Fitness, registration information can be found [HERE](#)

MARCH MADNESS WINNERS

A huge congrats to all participants. The top four winners of this program went to: Scott Garver, Olivia Morton-Young, Kirstin Kinder and Diann Johnson. Way to go team!

SLEEP WELL-BEING & HEALTH

Do you feel tired throughout the day and struggle to feel rested? We understand and will be offering a virtual educational session May 5th at noon focusing on sleep hygiene and creating better habits. Wait there's more, join the Sleep Challenge, feel better and have the chance to earn a prize. Registration information can be found [HERE](#)

